



**UPLIFT & HEALTH AND WELLNESS
EDUCATION PRESENTS**

FITNESS FOR EVERY BODY

MAY • 20 • 7:00 PM

With Ragen Chastain

Nobody is obligated to participate in fitness, but everybody should be welcome. In this talk we'll discuss exclusion in fitness culture and the harms it does. We'll talk about ways that those who are part of fitness culture can make it more inclusive, and options for those who are currently being excluded to pursue fitness based on their own goals and on their own terms.

FOR MORE INFORMATION

Go/Ragen

Join Ragen and Uplift in a conversation about making fitness culture at Middlebury more inclusive. Ragen's signature keynote, "Fitness for Every Body" covers a wide range of topics that have been curated for our community including types of privilege and impacts within fitness culture, cultural messages about health and their social impacts, deconstructions of fitness and beauty standards, intersections of exclusionary fitness culture at Middlebury (racism, transphobia, ableism, weight stigma) and ways to co-create a more inclusive fitness culture on our campus! Please attend this important discussion about health issues on our campus and ways we can make our community more inclusive! For more info visit <http://www.sizedforsuccess.com>

What: Fitness for Every Body

When: Thursday 5.18.21 @ 7:00 PM EST

Where: Zoom Webinar Link below!

<https://middlebury.zoom.us/j/94908019385?pwd=VEJEaldpWGZwMzhrSmVzT0lXUVQ2UT09>

More Zoom info below:

Hi there,

You are invited to a Zoom webinar.

When: May 18, 2021 07:00 PM Eastern Time (US and Canada)

Topic: Fitness for Every Body

Please click the link below to join the webinar:

<https://middlebury.zoom.us/j/94908019385?pwd=VEJEaldpWGZwMzhrSmVzT0lXUVQ2UT09>

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Or Telephone:

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Or an H.323/SIP room system:

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213.244.140.110 (Germany)

103.122.166.55 (Australia Sydney)

103.122.167.55 (Australia Melbourne)

149.137.40.110 (Singapore)

64.211.144.160 (Brazil)

69.174.57.160 (Canada Toronto)

65.39.152.160 (Canada Vancouver)

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